

WATER SAVING TIPS

Environmental advocate Lesley Chilcott, co-founder of Unscrew America and documentary filmmaker for former vice-president Al Gore's *An Inconvenient Truth*, recommends the following water-saving tips.

1. SHUT THE WATER OFF

Instead of letting the water run while you brush your teeth, shave, peel vegetables or scrub dishes, turn it off until you need it.

2. SHOWER EFFICIENTLY

Don't run the shower for five minutes to warm it up while you are doing something else – adjust the temperature when you get in. And keep your shower time to five minutes. Turn the shower off if you need to shave or deep condition your hair.

3. INSTALL ENERGY-EFFICIENT APPLIANCES

Use an EnergyStar washing machine and dishwasher and only run full loads, or at the very least use the lowest water level setting you need for smaller loads.

4. UPDATE YOUR TOILET

Install a low-flow or high-efficiency toilet to save nearly 2 gallons of water per flush.

5. CHANGE YOUR SHOWERHEAD

In addition to shorter showers, install a low-flow showerhead, which will also reduce water waste. While you're at it, repair your leaky faucets.

6. PLANT SENSE

Change your landscaping and house plants to low-water, native or drought-tolerant plants. Then do your watering in the morning or evening when there is less chance of evaporation. Additionally, use your broom instead of the hose to clear debris from your driveway and side-walks.

7. BECOME A FLEXITARIAN

The food production water usage for plant-based foods is significantly less than that of meat-based foods. A plant-based diet is healthier, too. (Click for more information on The Flexitarian Diet.)

8. INSTALL A WATER FILTRATION SYSTEM

Instead of buying bottle after bottle of drinking water, install a water filter and use refillable beverage containers.

9. USE A BUCKET

Wash your car with a bucket of soapy water instead of letting the hose run.

10. SET UP A RAIN WATER BARREL

Collect rain water and use it later to water the garden. Another option is to install a gray water system.

11. USE BIODEGRADABLE CLEANING PRODUCTS

Take advantage of the growing selection of eco-friendly household cleaning products, dish washing soaps, and laundry detergents. Biodegradable products won't pollute the water.

SOURCE: <http://www.sheknows.com/living/articles/807943/water-conservation-get-the-facts>